



Science of Living Well

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By 2036, nearly one in four Canadians will be age 65 or older. Thus the CLSA has come at an important time allowing us to explore how differently we age and providing information on how we can best cope with the changes that come along with aging.

This newsletter will give you an overview of the CLSA as it stands today. It includes a summary of what study participation entails, a snapshot of recruitment to date, information about CLSA events and details on how we can keep you informed about the latest study developments.

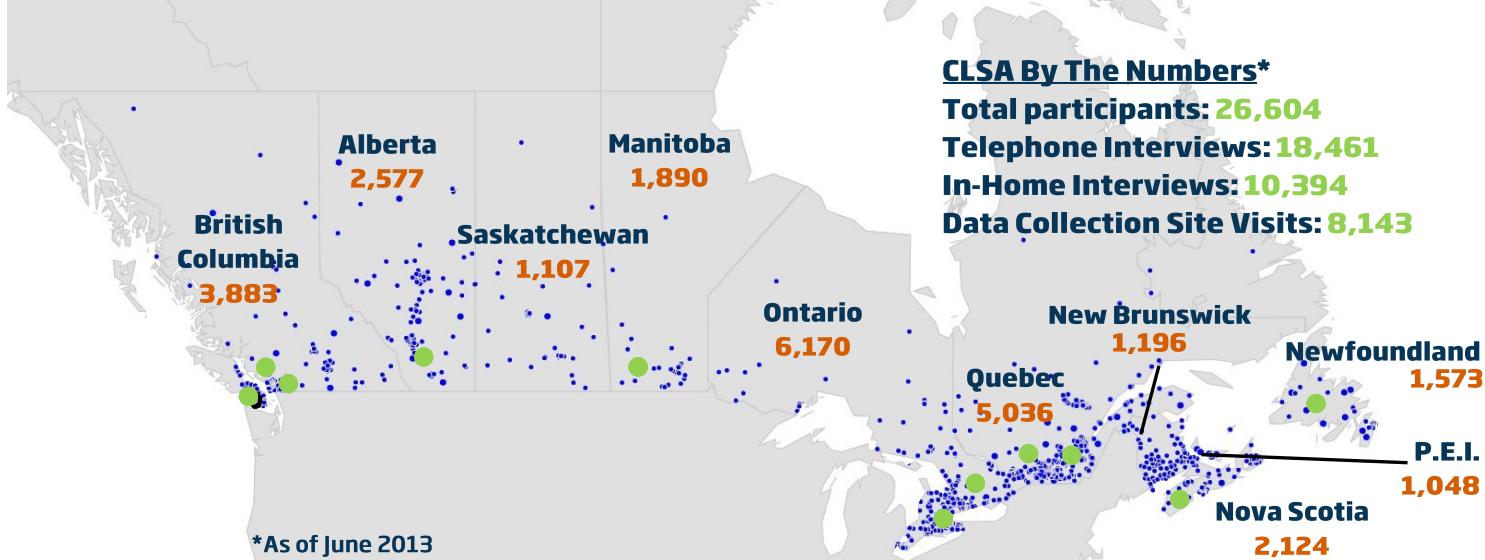
We look forward to keeping you up to date as the CLSA progresses. Thank you again for your participation.



A head-and-shoulders portrait of Dr. Susan M. Gorman. She is a woman with short, dark, wavy hair, wearing glasses and a dark, textured V-neck top. She is smiling slightly. The background is a blue, textured wall.

We hope to get a better understanding about which foods can promote physical and mental health, and optimal functioning as people age. Furthermore, information gathered will help us to clarify how we could help people to maintain a “healthy” diet in face of disease, reduced mobility, smell and taste alteration, sadness or isolation, as well as other social and environmental factors which could influence access to good food in sufficient quantity.

Spring/Summer 2013

CLSA By The Numbers***Total participants: 26,604****Telephone Interviews: 18,461****In-Home Interviews: 10,394****Data Collection Site Visits: 8,143****Who are CLSA participants?**

46% Men
54% Women

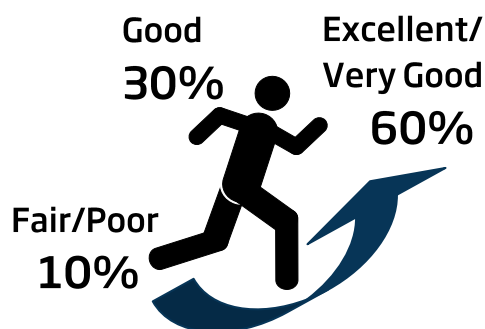


27% are aged 45-54

33% are aged 55-64

23% are aged 65-74

17% are aged 75-85

How you rate your own health

• 19% live in rural areas

• 81% live in urban areas

All participants to date. Recruitment is ongoing.



Participants who visit [Data Collection Sites](#) are asked to provide a research blood sample and urine sample. These samples are shipped from each Data Collection Site directly to Hamilton and stored in liquid nitrogen freezers at the CLSA's [Biorepository and Bioanalysis Centre](#) for future research. The centre has filled two freezers with more than 300,000 samples as of June 2013.

What happens to the blood I donate?

In July we will begin our maintaining contact interviews. These interviews are scheduled roughly a year and a half after your initial telephone interview or Data Collection Site visit. They will take place over the phone and will last approximately 35 minutes. We are conducting these interviews to keep in touch with you and to ask you some additional questions about your health and well-being. If you completed your telephone interview approximately 18 months ago, be on the lookout for mail from the CLSA this summer.

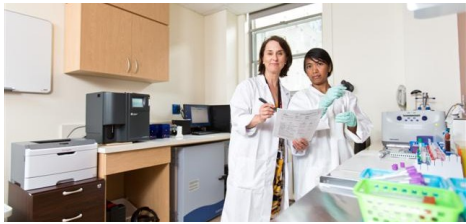
In Touch

Across the country, we have held a number of events to showcase the CLSA, give back to our participants and to provide an opportunity for the public to learn about the study.

The CLSA hosted three Café Scientifiques in 2013. These events are funded by the Canadian Institutes of Health Research (CIHR). Videos and photos from past events are available on the [CLSA website](#).

- [Use it or lose it: Secrets of a healthy brain](#) was hosted by the Hamilton CLSA site in January.
- The Montreal CLSA site hosted [I'm not afraid of aging... But Let's Talk](#) in February.

- [The new science of everyday living for aging well](#) was hosted by the Victoria CLSA site in May.
- On October 16, 2013, the CLSA and CIHR will be co-hosting a Café Scientifique in Halifax. Details will be announced soon on the [CLSA website](#).



Ottawa Data Collection Site

- In June, the Ottawa CLSA site opened its doors to the community as part of [Doors Open Ottawa](#). Members of the public were invited to tour the Data Collection Site at Bruyère Continuing Care.

CLSA Champions

“My name was just drawn and I thought, ‘What a wonderful thing to give to the next generation.’”

- Sally Tuckey, Victoria
Times Colonist

“It’s a lovely study and I think we should really do everything we can to age gracefully...”

- Elaine Tolley, Nova Scotia
Metro News



Moving? Heading south for the winter? Just a friendly reminder to let us know if your contact details change. Staying in touch with you is extremely important to us. If you have an email address, please let us know. Keeping in touch by email is a fraction of the cost of postage and helps us direct those resources towards CLSA research. You can provide us with this information by:

- ✉ Web: www.clsa-elcv.ca/moving
- ✉ Email: info@clsa-elcv.ca
- ✉ Phone: 1-866-999-8303

For the latest CLSA news visit:

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You Tube
[CLSAELCVproject](#)

Did you complete a telephone interview? The CLSA cannot use any of the information you provided without your written consent. If you have not sent us your CLSA consent form, please sign one copy and return it to us using the paid-postage envelope provided. If you have any questions or concerns, please contact us.

The CLSA is grateful for support from the [Canadian Institutes of Health Research](#), the [Canada Foundation for Innovation](#), provincial funders and partners as well as affiliated universities and research institutes.